

Depression

Depression, Weight Loss, Headaches, Menopause

6 Aug 2006

I began using Herbalife products on the 8th December 2002. For several years prior to this I was barely able to cope, either physically or emotionally, with the most basic daily activities. A half day with my grandchildren would leave me exhausted and with a migraine. I had become very overweight due to comfort-seeking binge eating. I was taking antidepressants and a variety of medications to control almost constant tension and migraine headaches. Add in menopausal hot flushes, minimal energy and diarrhoea – I looked and felt a mess.

I began with an Advanced programme, losing 5 kg in 4 weeks and seeing quite dramatic reshaping. I later added Florafibre and the Herbal Aloe drink which solved the diarrhoea problem, and Protein Powder after I plateaued at the 3 month mark.

By the 8th May I had lost 15kgs and gone from size 20 to size 14. After 3 weeks my skin had lost its “muddy” look. The menopausal symptoms have disappeared. I am no longer on anti-depressants and have reduced dramatically the need for migraine medication. My hair shines, my fingernails are hard and strong and I’ve got the stamina and energy to keep up with my grandchildren all day long. I feel as though I’ve been given my life back.

As if this wasn’t enough, I’m now a Herbalife consultant. The feelings of personal satisfaction, worth and positive self esteem which have come from being able to help others, work and contribute to the family income, are immeasurable. - Barbara Smit

** The weight loss testimonials presented are applicable to the individuals depicted and are not a guarantee of your weight loss nor are they typical.*



For more information or to order products contact:

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